



April 4, 2011

IVHInsights

Employee Services

Do you shop for groceries for your family? Do you use unit pricing in making food-purchasing decisions? Would you like to learn four simple steps that can save you 15% on your grocery bill?

To be a more savvy shopper, check out the recording of the Healthy Opportunities presentation:

"Spend Smart Eat Smart"

<http://employeehealth.iowa.gov/education.html>

This recording is a presentation by Doris Montgomery, Iowa Department of Public Health, and Peggy Martin, Iowa State University's Extension Service, from March 23, 2011.

Healthy opportunities webcasts are recorded and available for you to view. The recordings allow you to view the live presentations at work or at home. All you need is access to the Internet. Also, copies of the slides and any other materials used in the presentations are available at the healthy opportunities education website. Whether you were unable to attend the live presentations or just want to view them again, take advantage of this opportunity.

Additional wellness-related recordings are available at the healthy opportunities education website.



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Commandant's Corner

We are experiencing a time of tremendous change, whether it's here at the IVH or around the world. Everywhere the current economic environment is forcing change to occur quickly. The one thing that will never change is our mission here at the IVH: to provide the best care possible to our residents.

We all should take some time to consider our ideals and priorities and act accordingly. We must retain our principles and continue to care for our families, our community, and our veterans. Our goal should always be to perform our jobs in an environment of mutual respect.

We can only be successful in creating the world we want if we work together. The only constant is change. We have no

idea what tomorrow will bring. I try to follow the philosophy of Mahatma Gandhi: "Become the change you want to see in the world." We must all get involved in developing the ideas needed in this ever-changing world.

Let's continue to remind each other that change can be a positive force; in these times we can grow, create new ideas, and revitalize ourselves and the IVH. We all can utilize these challenges facing us to inspire creativity and forward-thinking concepts that will lead to better things. The truth is we are the ones who must do it. We cannot expect others to do it for us.

Commandant David Worley

Severe Weather Drill April 6th

The EOC Committee will conduct a Tornado Drill on April 6, 2011. Please review the procedures for severe weather. <http://ivhsharepoint/General%20HTML%20Pages/DisasterManual.htm>

The drill will proceed as follows:

10:00 am: Tornado Watch (drill) given over NOAA Weather Radio. Overhead PA announcement. Execute Severe Weather Watch procedures.

10:15 am: Tornado Warning (drill) given over NOAA Weather Radio. Overhead PA announcement. Execute Severe Weather Warning procedures.

10:30 am: All Clear (drill) given over NOAA Weather Radio. Overhead PA announcement.

The above will be repeated at **3:00 p.m.** for the nursing units only -- for evening shift staff.

3:00 p.m.: Tornado Watch (drill) given over NOAA Weather Radio. Overhead PA announcement. Execute Severe Weather Watch procedures.

3:15 p.m.: Tornado Warning (drill) given over NOAA Weather Radio. Overhead PA announcement. Execute Severe Weather Warning procedures.

3:30 p.m.: All Clear (drill) given over NOAA Weather Radio. Overhead PA announcement.

The night shift Tornado Drill will be conducted during that shift with no overhead PA announcement.

EMPLOYEE HEALTH by Patti Sharp

April TB Tests

All employees with April birthdays whose last names begin with letters M through Z are required to have a TB test. The test will be administered in Employee Health on the following date and time:

Monday, 04/04/11
6:15 AM to 8:30 AM
2:00 PM to 3:15 PM

The test will be read on:

Thursday, 04/07/11
6:15 AM to 8:30 AM
2:00 PM to 3:15 PM

If you need to make other arrangements, contact Teresa Keith at ext. #4507. Testing must be completed by the end of the month.



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Call ext. 4397 or

send to PR/Mktg Dept.

Radiation Safety 101 by Russell Pape

An operating nuclear power plant produces very small amounts of radioactive gases and liquids, as well as small amounts of direct radiation. If you lived within 50 miles of a nuclear power plant, you would receive an average radiation dose of about 0.01 millirem per year. To put this in perspective, the average person in the United States receives an exposure of 300 millirem per year from natural background sources of radiation. Natural background radiation comes from the following three sources:

- **Cosmic Radiation** - The sun and stars send a constant stream of cosmic radiation to Earth, much like a steady drizzle of rain.
- **Terrestrial Radiation** - The Earth itself is a source of terrestrial radiation. Radioactive materials (including uranium, thorium, and radium) exist naturally in soil and rock. Essentially all air contains radon, which is responsible for most of the dose that Americans receive each year.
- **Internal Radiation** - All people have internal radiation, mainly from radioactive potassium-40 and carbon-14 inside their bodies from birth and, therefore, are sources of exposure to others. The variation in dose from one person to another is not as great as that associated with cosmic and terrestrial sources.

Radiological Threats

Nuclear accidents, terrorist attacks using nuclear devices, or radiation dispersal devices (dirty bombs) pose significant threats to human life due to the release of

ionized radiation, specifically from alpha and beta particles, gamma rays and neutrons. Time, shielding and distance have always been the best ways to guard against the threat of exposure from radiation.

- Alpha particles can be easily stopped by a sheet of paper, but they can cause damage if the exposure is too long, or too close, with no shielding. The greatest danger from alpha particles results from ingestion, inhalation, or penetration through openings in the skin.
- Beta particles penetrate deeper into the skin and move faster than alpha particles. If allowed to penetrate clothing, beta particles can cause injury to the skin and some radiation damage. As with alpha particles, the greater threat is through ingestion, inhalation, or penetration through openings in the skin.
- Gamma rays can easily penetrate and pass through the human body, being absorbed by tissues as it passes through the body. Without proper shielding (lead, or several feet of concrete), gamma rays pose a serious health hazard due to the effects of the radiation on internal organs and radiation sickness.

The State of Iowa and Marshall County Emergency Management, has detailed emergency plans to deal with radiological events. Once again the best defense is time, distance and shielding to guard against the threat of exposure from radiation.

Training Department News by Wayne Pierson

Give Em the Pickle! I recently received on loan a copy of "Give Em the Pickle," a video dealing with customer service. The video is of Bob Farrell, owner of Farrell's Ice Cream Parlors. He tells of a long-time customer who was upset when he asked for an extra pickle and was told they would have to charge him for it. His approach in the video is that we all have "pickles" to give away.

They are the little extra things that can be done to help someone or to say we are glad to be of service.

He also shares the example of the bank teller window. Did you ever notice that the pens are always chained down! The bank thinks we are all thieves. He ripped the pen off the counter and told the teller to let people steal them, put your advertising on the pen for publicity.

Hopefully we can all know our "pickles" or not stand in the way of doing something for others. If you would like to view the video while on loan for a couple more weeks, contact the Training Office at ext. 4237.



Facilities Management Department *by Kathy Shannon*



The Dock Day Room Expansion Project (pictured left) continues to progress well. The terrazzo has been poured on fourth floor. The framing continues on the second floor, but is complete on floors 3 & 4. The mechanical and electrical rough-in continues on all floors. The sheet rock and taping is in progress on the 2nd and 3rd floors. Painting is continuing on fourth floor.

The Phase 1 Project is also continuing at a steady pace. Work is continuing at different phases in all households in the Ulery building. Final painting and flooring is being conducted in

households 1 & 2. The Ulery building is also just about ready to experience the first preliminary punch list inspections on these two households, which are estimated to be set for the end of April.

The Fox building is also proceeding well. The preliminary punch list inspection was conducted for Households 3 & 4 and the follow up inspection is being scheduled. Households 1 & 2 preliminary inspection is currently being scheduled with the preliminary inspection for the community space and basement tentatively scheduled for the end of April.

The Dietary Floor Replacement is progressing quickly. The contractor has completed the electrical changes in the LRC. The floor demolition is completed in the first phase, which means an end to the major amount of noise. The majority of the floor drains are in place and installation of the quarry tile is expected to begin soon.

The Laundry is losing two valuable employees this month. Marvis Drew, Sewing Room Attendant 2 is retiring after almost seven years of service to IVH. Marvis has been very instrumental in helping to create and maintain an IT Sewing Program for some of our residents. Marvis has also gained many volunteers to help with various sewing projects. Some of Marvis's projects have been to create the Blessing of Farewell quilts, the cover for the BINGO screen, the IVH float logo, and the piano, many items for the Chapel, and many, many more items for all departments throughout the facility, too numerous to list. Marvis also gave of her time to the Laundry when they were so desperately short staffed. Thanks so much for your help! In her retirement, Marvis and her husband Rick will be enjoying camping, fishing, gardening, and especially getting to spend more time with family and friends. She will also be spending some of her time **SEWING** and **QUILTING**! Marvis has also expressed interest in volunteering for some events here at IVH.

Robin Curler, Laundry Supervisor, will retire after 33 years of service at the Iowa Veterans Home. Robin started with IVH in 1978 as a Custodial Worker and moved from that position to the Linen Room Attendant, Laundry Worker 1, Laundry Worker 2 and served her last few years as the Laundry Supervisor, supervising laundry, linen, sewing room, and personal property. Robin was instrumental in combining the Laundry and Linen services which allowed for increased deliveries of resident clothing. Robin has helped her staff become more than staff, they have become a very hardworking team. I have heard over and over how much Robin's experience and her steadying force will be missed. Robin will jump into retirement with a trip to Yellowstone and Jackson Hole. She intends to spend much of her retirement camping with her husband Bill, gardening and spending time with her grandchildren.

I know that Marvis and Robin (pictured left and right, respectively) will be greatly missed by all of the departments here throughout the facility. Let's all wish Marvis and Robin the best of luck in their retirement!



FOOD AND NUTRITION SERVICES

by Mark Freland

As the weather begins to turn more favorable, our attention begins to focus more on outdoor activities. One of the favorite spring/summer activities that many of our residents enjoy is gardening.

Last year the residents provided many tasty vegetables and fruits for the Food Service Department, in addition to the beautiful flowers and plants that brightened our courtyard. We would like to see that happen again this year. We are particularly interested in procuring tomatoes, radishes, peppers, and cucumbers.

The Food Service Department will purchase your produce and place it on the menu or in the cafeteria for residents to enjoy. Last year we bought nearly \$3,000 worth of vegetables and we'd like to acquire as much again this year.

If you are interested in growing a vegetable garden contact Kathy Knickerbocker at ext. 4258 for more details. Let's make 2011 a "vegeriffic" year at IVH!



IVH Website Calendar

Submit your event information on the IVH website calendar. It's quick and easy and the calendar is available to staff, residents, and the community. Log on to www.iowaveteranshome.org and click on "Calendar" to begin.

Upcoming Events

Day	Date	Time	Event	Location
Tues	4/12	8am-4:30pm	"Mental Health Issues in Long Term Care and Geriatrics" Symposium	Whitehill
Tues	4/12-14		County VSO Directors Spring School	Des Moines
Tues	5/3	9-10:30 am	IVH Mini-Olympics	Dack Dining LRC
Wed	5/11	9am-3pm	Jerry's Barnyard at IVH	Courtyard
Thurs	5/12	9 am	Garden Box Planting at IVH	Courtyard
Wed	5/18	1 pm	Pie & Parking Auction	Dack LRC
Thurs	5/19	1:30-3 pm	IVH Ice Cream Social, live music	Atha Dining Rm
Thurs	5/22	10 am	HVAAA Age Strong Live Long Walk On	Various locations
Mon	5/30	10 am	IVH Memorial Day Program	Dack Dining Rm
Fri	6/10	8am-5pm	IVH Staff Golf Tournament	Grundy Center
Sat	7/23-7/24		Marshall County Relay For Life event	MHS Track

Announcements



The Iowa Veterans Home is now on Facebook! Become a "friend" of IVH by going to www.facebook.com/iowaveteranshome. This new communication tool will help us keep in touch with staff (past and present), residents, and friends of the IVH.

AEROBICS CLASS is held on Mondays & Wednesdays from 4:45-5:45 p.m. Cost is \$1.00 per class/\$8.00 a month/FREE for Fitness Room members. To sign up, call Diana Stonewall at X4437 or Denise Ulery at X4555.

Hawkeye Valley Area Agency on Aging has scheduled the **2nd Annual Age Strong! Live Long! Walk On!** one-mile walk in honor of Older Americans Month for Thursday, May 26, 2011 at 10:00 a.m. The walks are free for participants and will once again be held in the communities of Waterloo, Cedar Falls, Waverly, Denver, Independence, Parkersburg, Greene, New Hampton, Grundy Center, Iowa Falls, Eldora, Marshalltown, Grinnell, Brooklyn, Tama and La Porte City. Registration information will be available on April 1. For more information call Hawkeye Valley Area Agency on Aging toll free at 1-800-779-8707.

Celebrate. Remember. Fight Back. 2011 Marshall County Relay for Life "Combat Cancer"

Event Date and Time

Sat July 23 into Sun July 24 2011 6pm-6am

Event Location

Marshalltown High School Track

Join the Iowa Veterans Home Relay For Life Team Today. Contact Captain Amanda Thill at x4221 to sign up today!!!

Summer IVH Employee Golf Tournament

Friday, June 10 ~ 8am to 5pm
Town & Country Golf Course
Grundy Center



Cost: \$120 per team (4).
Carts available.

Pot luck. Great Prizes.
Everyone wins.
Four-person Best Shot.

Contact Greg Schaa to sign up your team.